

UNITED STATES BANKRUPTCY COURT  
FOR THE  
EASTERN DISTRICT OF VIRGINIA  
Alexandria Division

**In the Matter of:** :  
:  
:  
:      **Chapter 11**  
**FITNESS RESOURCE, INC.,** :  
:  
:      **Case No. 11-16630-BFK**  
**Debtor.** :  
:

**NOTICE OF APPEARANCE**

PLEASE TAKE NOTICE that Kevin M. O'Donnell, Jeffrey T. Martin, Jr. and the firm of Henry & O'Donnell, P.C. ("Counsel") hereby appear in the above-captioned proceeding as counsel to Sonabank; and such counsel hereby enter their appearance and request pursuant to, *inter alia*, Section 342, 1128 of the Bankruptcy Code and Rules 2002, 3017, 9007 and 9010 of the Bankruptcy Rules, that copies of all notices and pleadings given or filed in this proceeding be given and served upon:

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Dated: September 20, 2011

/s/ Kevin M. O'Donnell

Kevin M. O'Donnell, VSB # 30086  
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Counsel for Sonabank

**CERTIFICATE OF SERVICE**

I hereby certify that a true copy of the foregoing notice was served via the electronic case filing system and mailed, postage pre-paid, to the U.S. Trustee and counsel to the Debtor at their addresses of record in this proceeding.

/s/ Kevin M. O'Donnell  
Kevin M. O'Donnell